

## BISTEC

Quick seared-minute steaks with tomatoes and onions atop parsleyed-olive oil potatoes

Minute steaks are thin and lean and great for pan-searing. This is a quick comforting meal for breakfast paired with eggs, or lunch, or dinner paired with a small vegetable salad. It's good for anytime!

### INGREDIENTS:

Serves 4 to 6 people

Time: 20 minutes

4-to-6-minute steaks

1 teaspoon salt

1 teaspoon garlic powder

1 teaspoon Spanish pimentón (paprika)

1 teaspoon guajillo powder

Freshly ground black pepper

1 tablespoon canola oil

3/4 cup thinly julienned white or red onions

2 or 3 vine-ripened tomatoes, sliced ½-inch thick

8 to 12 medium gold potatoes, cooked in salted water, drained

1 tablespoon olive oil

2-3 tablespoons hand-torn flat parsley leaves

1/2 teaspoon kosher salt, or to taste

Freshly ground black pepper to taste

Parsley sprigs for garnish

### COOKING:

1. Combine the salt, garlic powder, pimentón, guajillo powder, and pepper in a small bowl. Season the steaks using only half of the seasonings. In a hot, medium-size, nonstick skillet, sear the meat in half of the oil over medium high heat until medium brown, 1-1/2 minutes per side. Transfer to a holding dish and keep warm.

2. Add the remaining oil to the same skillet. Sauté the onions over medium high heat until translucent and light brown and season with one-fourth of the seasonings. Transfer to the holding dish on top of the steak. Sauté the tomato slices half-minute per side and season with the remaining one-fourth of the seasonings. Transfer to the holding dish on top of the onions and steak.

3. In the cooking pan, smash the cooked potatoes to a chunky texture. Season with olive oil, salt, and pepper. Add the parsley and combine with a soft spatula. Taste and adjust seasonings, if needed.

4. Serve the minute steaks topped with the onions and tomatoes in a platter or individual plates atop the potatoes. Garnish.